



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01178, Sour cream, reduced fat

Report Date: July 11, 2017 14:11 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tablespoon 12g	1 cup 230g
Proximates						
Water	g	71.00	--	--	8.52	163.30
Energy	kcal	181	--	--	22	416
Energy	kJ	757	--	--	91	1741
Protein	g	7.00	--	--	0.84	16.10
Total lipid (fat)	g	14.10	--	--	1.69	32.43
Ash	g	0.90	--	--	0.11	2.07
Carbohydrate, by difference	g	7.00	--	--	0.84	16.10
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	0.30	--	--	0.04	0.69
Minerals						
Calcium, Ca	mg	141	--	--	17	324
Iron, Fe	mg	0.06	--	--	0.01	0.14
Magnesium, Mg	mg	11	--	--	1	25
Phosphorus, P	mg	85	--	--	10	196
Potassium, K	mg	211	--	--	25	485
Sodium, Na	mg	70	--	--	8	161
Zinc, Zn	mg	0.27	--	--	0.03	0.62
Copper, Cu	mg	0.010	--	--	0.001	0.023
Selenium, Se	µg	4.1	--	--	0.5	9.4
Vitamins						
Vitamin C, total ascorbic acid	mg	0.9	--	--	0.1	2.1
Thiamin	mg	0.040	--	--	0.005	0.092
Riboflavin	mg	0.240	--	--	0.029	0.552

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tablespoon 12g	1 cup 230g
Niacin	mg	0.070	--	--	0.008	0.161
Vitamin B-6	mg	0.020	--	--	0.002	0.046
Folate, total	µg	11	--	--	1	25
Folic acid	µg	0	--	--	0	0
Folate, food	µg	11	--	--	1	25
Folate, DFE	µg	11	--	--	1	25
Choline, total	mg	19.2	--	--	2.3	44.2
Vitamin B-12	µg	0.30	--	--	0.04	0.69
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	119	--	--	14	274
Retinol	µg	117	--	--	14	269
Carotene, beta	µg	27	--	--	3	62
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	436	--	--	52	1003
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.40	--	--	0.05	0.92
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.3	--	--	0.0	0.7
Vitamin D3 (cholecalciferol)	µg	0.3	--	--	0.0	0.7
Vitamin D	IU	10	--	--	1	23
Vitamin K (phylloquinone)	µg	0.7	--	--	0.1	1.6
Lipids						
Fatty acids, total saturated	g	8.700	--	--	1.044	20.010
4:0	g	0.460	--	--	0.055	1.058
6:0	g	0.270	--	--	0.032	0.621
8:0	g	0.150	--	--	0.018	0.345
10:0	g	0.360	--	--	0.043	0.828
12:0	g	0.400	--	--	0.048	0.920
14:0	g	1.410	--	--	0.169	3.243
16:0	g	3.690	--	--	0.443	8.487
18:0	g	1.700	--	--	0.204	3.910

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tablespoon 12g	1 cup 230g
Fatty acids, total monounsaturated	g	4.100	--	--	0.492	9.430
16:1 undifferentiated	g	0.310	--	--	0.037	0.713
18:1 undifferentiated	g	3.530	--	--	0.424	8.119
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.500	--	--	0.060	1.150
18:2 undifferentiated	g	0.310	--	--	0.037	0.713
18:3 undifferentiated	g	0.200	--	--	0.024	0.460
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	35	--	--	4	80

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0